

MILAN MASTERS KICK-OFF

Sanctioned by Michigan LMSC for USMS- Sanction # 196-S011

Date: Sunday October 9th, 2016

Location: Milan High School, 200 Big Red Dr, Milan MI 48160

Directions: **From US 23 Southbound** -- Exit Carpenter Rd, Exit 27. Turn right. At first light, turn right on Arkona. Arkona dead ends into Platt. Turn Left on Platt. Take Platt through town to Redman Rd. Turn Right. (You will see high school behind elementary building). Turn into school.

From US-23 NorthBound -- Exit at Plank Rd. Turn right toward town. Turn left at the stop sign onto Main St. Go to the second red light and turn left onto Platt Rd. Go approx. 1 mile to Redman. Turn Right on Redman Rd. Turn into school.

Facility: This meet will be swum as Short Course yards (SCY). The length of the competition course without a bulkhead is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1. The 25 yd 8-lane pool with Colorado Timing System has an attached diving well that will be used for warm up/down during the meet. There is plenty of parking and seating for spectators. Locker rooms are available; however locker space may be limited. Milan is not responsible for lost or stolen items, so please bring a lock.

Meet Director: Kerry Frame
Mobile Phone 734-646-5819

Eligibility: Only swimmers who have a current USMS membership will be allowed to compete. A Photocopy of your 2016 Membership should accompany your entry. If you're not currently a member, you can join online at <http://registration.usms.org/>

Entries: We will be using Hy-Tek, so early entries are appreciated. Checks should be made payable to **Milan Swimming**. Each competitor may enter a maximum of **5 events**. Mailed or faxed entries received by October 6nd will be \$25.00. Deck entries will be \$30.00. Using the entry form, mail entries, a photocopy of membership and fees to:

Kerry Frame
345 Anderson St
Milan, MI 48160

Faxed entries may be sent to Milan High School – (734) 439-5084, Attn: Dan Heikka. Remember, entry fees will be due at check-in for faxed entries

Times: **Session I:** Check in and Warm up 8:00 am-8:40 am
Session I Starts 8:45 am and will consist only of the first 16 entries received for the 1000 Free. We will contact you if you're **not** in the 1,000. If not at max and you are coming early, we will allow deck entries on a first come basis.
Session II: Deck Registration for Session II only will close at 9:30 am. Check in and Warm up will begin when 1,000 is done and ends at 10:20 am. Session II will start at 10:30. There is one intermission scheduled. An additional intermission may be scheduled at the discretion of the meet director if there are 50 or fewer swimmers in attendance

Lunch will be provided by the Milan Girls Swim and Dive Team and is included in your entry fee.

MILAN MASTERS KICK-OFF

Name _____ **E-Mail** _____
Address _____ **City:** _____ **Zip** _____
Date of Birth _____ **Phone:** (____) _____
Sex: _____ **Age:** _____ **USMS#** _____

| Event # | Event | Seed Time |
|---|--|-----------|
| <i>Session I: Warm-Up 8AM – Session Starts 8:45AM</i> | | |
| 1 | 1000 Freestyle <i>1st 16 Entries received are in. You will be contacted in advance if you are not in. Deck entries allowed if the 16 swimmer max has not been met</i> | |
| <i>Session II: Warm up begins at the conclusion of the 1000 free. Session Starts 10:30 Deck Registration closes at 9:30AM</i> | | |
| 2 | 200 Medley Relay (Deck Entered) | |
| 3 | 100 IM | |
| 4 | 200 Freestyle | |
| 5 | 50 Butterfly | |
| 6 | 100 Breaststroke | |
| 7 | 200 Backstroke | |
| 8 | 50 Freestyle | |
| 9 | 200 IM | |
| <i>-----Intermission-----</i> | | |
| 10 | 200 Free Relay (Deck entered) | |
| 11 | 100 Butterfly | |
| 12 | 200 Breaststroke | |
| 13 | 50 Backstroke | |
| 14 | 100 Freestyle | |
| 15 | 200 Butterfly | |
| 16 | 50 Breaststroke | |
| 17 | 100 Backstroke | |
| 18 | 400 IM | |
| 19 | 500 Freestyle | |



PARTICIPANT WAIVER AND RELEASE OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT

For and in consideration of United States Masters Swimming, Inc. ("USMS") allowing me, the undersigned, to participate in any USMS sanctioned or approved activity, including swimming camps, clinics, and exhibitions; learn-to-swim programs; swimming tryouts; fitness and training programs (including dryland training); swim practices and workouts (for both pool and open water); pool meets; open water competitions; local, regional, and national competitions and championships (both pool and open water); and related activities ("Event" or "Events"); I, for myself, and on behalf of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns, hereby agree to and make the following contractual representations pursuant to this Waiver and Release of Liability, Assumption of Risk and Indemnity Agreement (the "Agreement");

1. I hereby certify and represent that (i) I am in good health and in proper physical condition to participate in the Events; and (ii) I have not been advised of any medical conditions that would impair my ability to safely participate in the Events. I agree that it is my sole responsibility to determine whether I am sufficiently fit and healthy enough to participate in the Events.
2. I acknowledge the inherent risks associated with the sport of swimming. I understand that my participation involves risks and dangers, which include, without limitation, the potential for serious bodily injury, sickness and disease, permanent disability, paralysis and death (from drowning or other causes); loss of or damage to personal property and equipment; exposure to extreme conditions and circumstances; accidents involving other participants, event staff, volunteers or spectators; contact or collision with natural or manmade objects; dangers arising from adverse weather conditions; imperfect water conditions; water and surface hazards; facility issues; equipment failure; inadequate safety measures; participants of varying skill levels; situations beyond the immediate control of the Event organizers; and other undefined, not readily foreseeable and presently unknown risks and dangers ("Risks"). I understand that these Risks may be caused in whole or in part by my own actions or inactions, the actions or inactions of others participating in the Events, or the negligent acts or omissions of the Released Parties defined below, and I hereby expressly assume all such Risks and responsibility for any damages, liabilities, losses or expenses that I incur as a result of my participation in any Events.
3. I agree to be familiar with and to abide by the Rules and Regulations established by USMS, including any safety regulations. I accept sole responsibility for my own conduct and actions while participating in the Events.
4. I hereby Release, Waive and Covenant Not to Sue, and further agree to Indemnify, Defend and Hold Harmless the following parties: USMS, its members, clubs, workout groups, event hosts, employees, and volunteers (including, but not limited to, event directors, coaches, officials, judges, timers, safety marshals, lifeguards, and support boat owners and operators); the USMS Swimming Saves Lives Foundation; USMS Local Masters Swimming Committees (LMSCs); the Event organizers and promoters, sponsors and advertisers; pool facility, lake and property owners or operators hosting the Events; law enforcement agencies and other public entities providing support for the Events; and each of their respective parent, subsidiary and affiliated companies, officers, directors, partners, shareholders, members, agents, employees, and volunteers (individually and collectively, the "Released Parties"), with respect to any liability, claim(s), demand(s), cause(s) of action, damage(s), loss or expense (including court costs and reasonable attorneys' fees) of any kind or nature ("Liability") which may arise out of, result from, or relate in any way to my participation in the Events, including claims for Liability caused in whole or in part by the negligent acts or omissions of the Released Parties.
5. I further agree that if, despite this Agreement, I, or anyone on my behalf, makes a claim for Liability against any of the Released Parties, I will indemnify, defend and hold harmless each of the Released Parties from any such Liabilities which any may be incurred as the result of such claim.

I hereby warrant that I am of legal age and competent to enter into this Agreement, that I have read this Agreement carefully, understand its terms and conditions, acknowledge that I will be giving up substantial legal rights by signing it (including the rights of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns), acknowledge that I have signed this Agreement without any inducement, assurance, or guarantee, and intend for my signature to serve as confirmation of my complete and unconditional acceptance of the terms, conditions and provisions of this Agreement. This Agreement represents the complete understanding between the parties regarding these issues and no oral representations, statements, or inducements have been made apart from this Agreement. If any provision of this Agreement is held to be unlawful, void, or for any reason unenforceable, then that provision shall be deemed severable from this Agreement and shall not affect the validity and enforceability of any remaining provisions.

| | | | | |
|----------------------------------|------------|----|------------------------|--------------------------|
| Last Name | First Name | MI | Sex (circle) M F | Date of Birth (mm/dd/yy) |
| Street Address, City, State, Zip | | | | |
| Signature of Participant | | | | Date Signed |